

Feeling Stressed? Overwhelmed?



**Stop in to receive helpful
tools for stress management!**

A Workforce Health professional will lead a
Tension Tamers group discussion

**Mondays
2:00 to 2:30
ZMB Wellness Center**

*This service is free for City of Milwaukee employees.
No appointment necessary, just join us!*

Questions? Contact us at 262-253-5153

